

Healthy  
Working  
Lives Award  
Registrations  
in Grampian:

179

**CURRENT AWARDS:**

20 **GOLD**

22 **SILVER**

65 **BRONZE**

3 **M H**  
**COMMENDATION**

**ORDER  
RESOURCES  
ON-LINE FROM  
RESOURCES  
DIRECT:**

[www.nhsghpcat.org](http://www.nhsghpcat.org)

Register for the HWL  
National e-Newsletter at:  
[www.healthyworkinglives.com/subscribe](http://www.healthyworkinglives.com/subscribe)

[Health Events Calendar 2011](#)

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### Healthy Working Lives Awards - September / October 2011 Congratulations to:

Flowerpots Childcare	Bronze
Enquest	Bronze
NHS Grampian Acute Sector	Silver
Cornerstone	Silver
RAF Lossiemouth	Silver
Aberdeen Foyer	Silver

## Ready for Winter?

Emergencies happen and they could happen at any time.



This autumn, the Scottish Government is encouraging families, business and communities across Scotland to prepare for winter.

The Ready for Winter? campaign is designed to encourage each of us to think about how we could be affected, to put in place simple plans and take some easy action that all together will help Scotland be more prepared should we experience severe and or prolonged winter weather. The Ready Scotland website has information on how people can:

- ◆ Prepare themselves, their family and their **community**  
Be aware of risks and plan appropriately, agree emergency contacts & make arrangements
- ◆ Prepare their **home**  
Make their home energy efficient, protect pipes, be aware how to turn off water and power, have the food and medicine they need, be aware of local weather info
- ◆ Prepare their **car**  
Ensure their vehicle is maintained and serviced, carry an emergency kit in the boot, check road and weather conditions
- ◆ Cope in an emergency  
Know what they should do, keeping themselves safe, know how to get up to date info and help those less able

Visit [www.ReadyScotland.org](http://www.ReadyScotland.org) for more information.



world diabetes day  
14 November

ACT ON DIABETES. NOW.



Diabetes Education and Prevention is the World Diabetes Day theme for the period 2009-2013. The campaign calls on all those responsible for diabetes care to understand diabetes and take control. The key messages of the campaign are:

- Know the [diabetes risks](#) and know the [warning signs](#)
- Know how to respond to diabetes and who to turn to
- Know how to manage diabetes and take control



World AIDS Day is held on 1 December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.



Learn more about HIV

Put your knowledge into action



World AIDS Day is an opportunity for you to learn the facts about HIV and put your knowledge into action. If you understand how HIV is transmitted, how it can be prevented, and the reality of living with HIV today - you can use this knowledge to take care of your own health and the health of others, and ensure you treat everyone living with HIV fairly, and with respect and understanding. See the HIV AWARE website.



You can also show your support for people living with HIV on World AIDS Day by wearing a [red ribbon](#), the international symbol of HIV awareness.

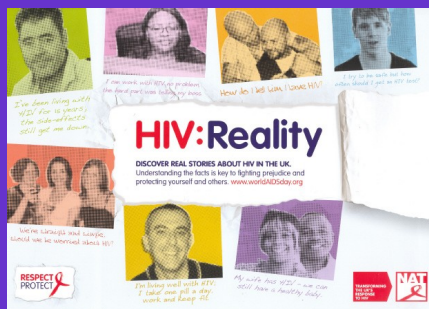
World AIDS Day is also a great opportunity to raise money for NAT and show your support for people living with HIV. If you feel inspired to hold an event, bake sale or simply sell red ribbons, [click here to get started](#). If you'd like to see what other events are taking place — [click here and find out more](#).

**Resources available from [RESOURCES DIRECT](#) to promote this campaign:**

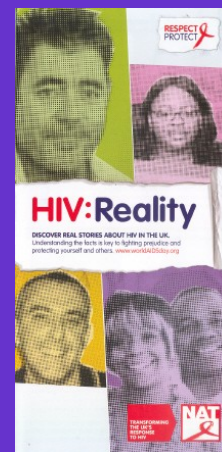
**Condoms:**

Order a large box of condoms and dispense them to employees and visitors in public areas such as toilets

HIV : Reality Leaflet



HIV : Reality  
A4 Poster promoting the World Aids Day website



To register contact  
grampianhwl@nhs.net

**Online Resources on HIV and blood-borne viruses:**

[HIV@work](#) - advice booklet for employees providing a guide to rights under the new equality legislation in the workplace.

The HSE leaflet '[Blood-borne viruses in the work-place](#)' provides guidance for both employer and employee.



Established in April 2007, Transition is an award winning social enterprise and charity, which assists young people in making the transition from childhood to adulthood, through increased participation in extreme sports.

At the heart of this is Transition's adrenalin-packed sports centre, featuring a 15 metre climbing wall, skate-park, martial arts studio, band practise rooms, energy café and meeting room/conference facilities. These facilities are open to the public 7 days a week and offer an exciting alternative to the 'standard' gym membership. With our highly qualified instructors, we offer a range of introductory courses as well as equipment hire, meaning you can try the full range of facilities before making any financial commitments.

The Centre also offers a range of teambuilding activities; this provides a welcome alternative to conference sessions and allows people to experience rock climbing as a dynamic and effective way of team building. Challenge your team to get out of their comfort zone and try an activity they may never have considered before. It makes the perfect team building activity, which both challenges and helps bond a team.



Gordon Lennox, Mechanical Engineer and top Scottish rock climber, explains why he regularly attends Transition:

"Climbing for me is a way of life - it's totally addictive. Although my climbing friends are amongst the fittest people I know, it's not like sweating it out in the gym. Climbing requires balance, flexibility, mental control and tactics, as well as strength and stamina. And it's not all macho either; women are on a level playing field due to their better technique and flexibility.

However the best things about training at Transition for me, is the banter and friendly climbing community. Combined with the quality and variety of the route setting, it makes each trip a new experience."

Details, prices and opening hours for our facilities are available online [click here](#)

# Give Kids a Chance

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## Not long until Christmas!

Christmas 2011 is not far away and people are making arrangements for Christmas festivities and celebrations. Why not spread this Christmas cheer a little further and think about fundraising for Give Kids a Chance.



Instructions for organising raffles and encouraging staff to make donations are now available from Give Kids a Chance so that you can join with us to raise much needed funds for the project.

You can support us by:

- Assembling Christmas hampers full of treats and goodies to be raffled in offices and workplaces.
- Making donations to Give Kids a Chance instead of sending Christmas Cards.
- ♦ Organise a Christmas Concert, Quiz or Coffee Morning.

Last year £8,210 was raised which was used to support disadvantaged young people take part in social and leisure activities across Grampian. If you would like more information on any of our Christmas Fundraising ideas or want to register to take part please contact [heather.wilson2@nhs.net](mailto:heather.wilson2@nhs.net) or visit our website at: [www.nhsgrampian.org/gkac](http://www.nhsgrampian.org/gkac) or go directly to the [Christmas Fundraising page on our website.](#)

## INFO ON GIVE KIDS A CHANCE

Give Kids a Chance is a Grampian wide community project. Aberdeen City Public Health Team manage and deliver the project. There are 155 places available to disadvantaged young people between the ages of 10 – 18 years, living in Aberdeen (100), Fraserburgh (20), Peterhead (15) and Moray (20).

Give Kids a Chance aims to encourage and support disadvantaged young people to develop and sustain interests or hobbies that will promote positive health and well-being messages. The project provides young people with positive worthwhile activities, helps to relieve boredom, raise self-esteem, confidence and personal skills.

## ABERDEEN COUNCIL OF VOLUNTARY ORGANISATIONS (for ideas for fundraising and volunteering)

The ACVO E-Bulletin is an excellent communication tool for Grampian and is used to increase meaningful communication and consultation across all sectors.

To view current and past editions of their newsletter, as well as to potentially link your own newsletter to theirs, click on the link below:

<http://www.aberdeencn.info/MiscPages/news.asp>



**ROTARY CLUB OF OLDMELDRUM**

Registered Charity: SC034521



# Santa Fun Run and Walk Spectacular

**Sunday 4<sup>th</sup> December 2011**  
**Haddo Country Park**

**A 5KM SPONSORED RUN OR WALK IN AID OF CHARITY 1.00PM**  
**KIDS 2KM FUN RUN (12 AND UNDER) 12.00PM**

*Half of your sponsorship money to your designated charity and  
half to Rotary charity PolioPlus, which is working to eradicate  
polio from the world.*

**First 200 entrants 13 and over will receive a free Santa Claus costume,  
or wear something festive!**

**Entry fees -**

<b>Adult 5km Fun Run (13 +);</b>	<b>£12</b>
<b>Kids 2km Run;</b>	<b>£3</b>
<b>5km Walk;</b>	<b>Adults £10, under 13 £3.</b>

Download an entry form and sponsorship forms from our website:-  
[www.oldmeldrumrotary.org.uk](http://www.oldmeldrumrotary.org.uk)  
or e-mail [sheenaw@btinternet.com](mailto:sheenaw@btinternet.com) for further information

**Don't delay – lodge your entry straight away to :-**  
**Mrs. S. Clarke, 7 Benview Gardens, Oldmeldrum, Aberdeenshire. AB51 0FY**

**scottishslimmers**  
**works**

Thanks to a partnership between Healthy Working Lives and Scottish Slimmers, it's easier than ever to offer staff the support they need to help them to lose weight. Scottish Slimmers Works classes can be tailored to fit the needs of your workplace.

Operating in six week blocks, the class can take place at a time that is convenient for you - and your employees.

A helping hand...

A grant of up to £100 is available to small medium enterprises (SMEs) to support the introduction of a Scottish Slimmers Works class.

For more information please contact your HWL advisor or the HWL Adviceline on 0800 019 2211.



**Healthy  
Working  
Lives**



# HEALTHY WORKING LIVES

# HEALTH AND SAFETY TRAINING

## Further information and booking contact:

HWL Adviceline:

0800 019 2211

Email: [adviceline@nhs.net](mailto:adviceline@nhs.net)

## Morning Session - Managing Safety & Health - The Basics

This session will focus on:

- Why manage safety and health
- The safety and health management process
- Workplace hazards and health risks
- Workplace support and advice

## Afternoon Session - Sensible Risk Assessment

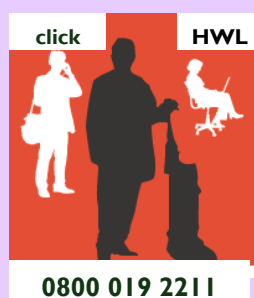
This session will focus on:

- Basic Health and Safety law
- 5 steps approach to risk assessment
- Practical application of risk assessment
- How to get help and support

**Cost:** No charge. (Tea, coffee & Lunch not provided, however, there are good canteen facilities adjacent to the venue).

**When:** 18/11/2011 10am – 4pm  
(you can choose to attend either session or both)

**Venue:** Meeting Room, Fulton Clinic  
Royal Cornhill Hospital  
Cornhill Road  
Aberdeen  
AB25 2ZH



## Local Services Guide

The workplace team has developed a directory of local and national organisations, websites, services and resources that can help YOU in working towards your HWL Award. To access an electronic copy of the guide please [click here](#). If you would like a paper copy please contact the workplace team.